Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Stay home when you are sick, except to get medical care.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19